

Resident Well-Being Retreat

Agenda

Marshfield Clinic Health System- Division of Education

Thursday, September 21, 2023

Rock Ridge Orchard

128752 State Hwy 153, Edgar, Wisconsin (Directions noted below)

- 7:00 – 8:30 Individual and/or group morning wellness activity (on your own)
- Exercise
 - Outdoor activity
 - Mindfulness practice
 - Healthy breakfast
- 8:30 – 9:00 Travel to Rock Ridge Orchard
- 17.5 mile drive to venue
 - Please allow 25 – 30 minutes to arrive on time at venue
- 9:00 – 9:30 Arrival
- Sign in
 - Get bandana/group assignment for icebreaker and Resident/Fellow Olympics
 - Social connection time
 - Morning treat (homemade apple fritters, coffee, water)
- 9:30 – 9:45 Retreat Overview and Introduction to Rock Ridge Orchard
- Dr. Michels, RWBC – Setting intentions for the retreat
 - Dan and Julie Knetter – Introduction to Rock Ridge Orchard
- Objectives:
1. Role and value of resident retreats
 2. Setting intentions for the day
 3. Learn about Rock Ridge Orchard and making the most of the retreat venue.
- 9:45 – 10:15 Small Group Ice Breaker Activities - Mixed Resident Groups:
- 2 Truths, 1 Lie
 - Identify a Team Name and share with RWBC faculty
- Objectives:
1. Get to know residents across different training programs
 2. Build social connections
 3. Team building
- 10:15 – 10:30 Break

10:30 – 12:00 Wellness Presentation:

- Distinguishing Burnout versus Depression – Awareness, Self-Assessment, Mitigation, and Resources
- Adopting a Growth Mindset: Key Skills for Learners

Speakers: RWBC Faculty

Objectives:

1. Learn about burnout and depression to include risks, symptoms, overlap and differentiation between the two, prevention skills, resilience and recovery skills, and resources.
2. Learn about the concept and skills associated with a growth mindset, positive psychology strategies, mitigation of imposter syndrome, asking for and receiving feedback effectively and other skills to thrive as a learner.

12:00 – 1:30 Lunch and Outdoor Wellness Activities

- Homemade pizza (vegetarian and meat available; regular and gluten free available)
- Pet Therapy
- Outdoor games
- Roaming the orchard and apple picking
- Building peer connections

Objectives:

1. Share a meal together to increase social connection.
2. Participate in outdoor activities that support peer interaction and recreation.
3. Explore activities to incorporate into self-care practices.
4. Experience the rejuvenating effects of participating in a retreat.

1:30 – 3:00 Large group team building activity

- Resident Olympics (90 minutes total)
 - Untangle the Surgeon's Knot
 - Coffee Run Relay
 - Escape the Room
 - Spot It
 - Flavor Detectives
 - Gown On, Gown Off

Objectives:

- Work together through friendly and fun competition to build peer connections.

3:00 – 4:00 Chief Reflections, Resident Olympic awards, and Closing Remarks

Objectives:

- Gain insight, wisdom, and ideas for maintaining resilience through residency.
- Celebrate and reward the Olympic champions of the Retreat.

4:00 – 6:00 Individual and Group Wellbeing Services and Support

- RWBC office hours
- Resource assistance (PCP access requests, etc.)
- Peer mentorship/consultation
- Resident group and/or family activity time

Note: Individual programs may require residents/fellows to return to clinical service at a specific time after 5:00 PM.

Directions to Rock Ridge Orchard (see below):

Rock Ridge Orchard – 128752 State Hwy 53, Edgar, WI

25-30 minute drive

1. Take Hwy 97 North out of Marshfield toward Stratford (9.8 miles)
2. At the stoplight in Stratford, turn right onto Hwy 153.
3. Drive 6.1 miles until you reach Rock Ridge Orchard on the left (north) side of the road.
4. Park in their main parking lot and come into the building for the morning portion of the retreat.

UNCERTAIN ABOUT THE DIRECTIONS or IF YOU NEED A RIDE? PLEASE ASK US!

If you get lost, call us at 715-321-2656 or call Rock Ridge Orchard at 715-370-4083

Link to the directions and map:

<https://www.google.com/maps/dir/Marshfield+Clinic+Health+System,+North+Oak+Avenue,+Marshfield,+WI/Rock+Ridge+Orchard,+LLC,+128752+WI-153,+Edgar,+WI+54426/@44.7396471,-90.1372775,12z/am=t/data=!4m14!4m13!1m5!1m1!1s0x87ffc2ee1630bc21:0x6fab351d3786e902!2m2!1d-90.1770541!2d44.6780996!1m5!1m1!1s0x8800091051d40b19:0x7eed6fecebe6f503!2m2!1d-89.9541129!2d44.8008252!3e0>